

NOISES FROM THE CENTER

Vol. 4, No 4 What's happenin' at the Senior Center April 2015

Article by

Brad Parker

April is *National Volunteer Month*. This makes me think how important volunteers are to our everyday life. Volunteers are an important part of all our lives so let's give that some thought during "Volunteer Month". Here in our small community, volunteers do so many things that may be taken for granted or even unnoticed. Just think for a minute. We all have peace of mind in knowing that if we have an emergency, a house fire or medical situation, that in a matter of minutes our local volunteers will be there to help. These people have to go through many hours of tough training yet they still volunteer.

Spring is here and with that comes Little League. Where would our little leaguers be without volunteers? The youth of our town are lucky to have so many activities and organizations to help them grow into responsible adults. Little League, EH Soccer Club, Park & Rec, Leos, Boy and Girl Scouts to name

a few are organizations that could not exist without volunteers.

Don't we think our kids' lives would be missing something extraordinary without these volunteers?

Let's think some more! We have two Lions Clubs that work endlessly to give back to the community. We also have the East Haddam Historical Society, Moodus Sportsman Club,



Senior Center, 15 Great Hillwood Road
Moodus, CT 06469

Music on the River Concerts, Garden Club, food bank, two libraries, and the list goes on. Our schools encompass a universe of volunteers that we would not want to be without. Maybe instead of our town being known as the "Home of the Noises", it should be known as the "Home of the Volunteers".

Now, I want to talk about the Senior Center. The Senior Center is open to anyone who is 50 years old and older. During the year, we have many events that are open to all. Last year, we had over 18,000 "sign ins" at the center. Without our many volunteers, these events would not be possible. Just read the Senior Center Newsletter and you will see how busy it is. Volunteers make all the programs and services a reality. Some of the important services provided on a regular basis include Meals on Wheels delivery to homebound residents, tax preparation, Medicare counseling, computer training, and daily lunches. As you can see, these services can play a critical role in one's well-being. Now, don't think that this is all that volunteers do at the Center. There is so much more - leading the Tai Chi and Pilates classes, gardening, calling BINGO, and working on the monthly

newsletter are just a few.

The Senior Center will recognize all of our volunteers during a reception on April 22nd at 1:00 pm. This is an annual event that gives us a chance to thank the many people who volunteer so much time during the year to make the Senior Center



such a vibrant and friendly place. During this reception, one person will be awarded the East Haddam "Senior Citizen of the Year" Award.

So, let's just think for a minute. How different would our lives be without the volunteers? How different would our town be? How different would the Senior Center be? We can all easily see that without volunteers, life in our town would be vastly different. Many of the good things that we enjoy would not be here and those in need may not get the help that is needed. Life is certainly good in our town.

I now ask you to look around you. Take the time to thank the people you know that volunteer. They do make a difference and letting them know that their efforts have been noticed will be appreciated. Now, if you are a volunteer, let me give you a BIG THANK YOU. You sure do make life in East Haddam better.

Once again, this is small town USA and it doesn't get any better than this.



This month's birthday party is **Monday, April 27, 1:00 pm**. This party is open to all 60 and older. If it is your birthday month, please join us for lunch, for free, anytime during the month. Reserve your lunch by noon the day before you wish to come.

April Birthdays

- 2 Eleanor Golet
Marie McAllister
- 3 Timothy Tedeski
- 6 Joanne Rocznik
Bennie Stelzer
- 7 Christina Van Scoy
- 8 Robin Backes
Barbara Dill
Maria MacFarlane
Peg Ziobron
- 9 Caroline Armstrong
Annette Butterworth
- 10 Ralph Havens
- 11 Alberta Mirer
Daniel Fazzino
- 12 Virginia Hei
- 14 Mary Rozwadowski
- 16 Susan Porter
Rina Stevens
- 19 Dale King
- 22 David Berndtson
- 24 David Huckabone
- 27 Kathleen Michalski
- 28 Celeste Green
- 29 Sophie Blaschik
- 30 Dorothy Afonso
Doreen Jezek

Birthday Quote

The secret to staying young is to live honestly, eat slowly, and lie about your age. – *Lucille Ball*

Volunteer Reception

April is *National Volunteer Month*. The Senior Center is very thankful for our many volunteers. We know all too well that we could not sponsor our many activities and events without the support and efforts of so many people.

The community is invited to join us for a *Reception* to honor the individuals that we rely on every week and to announce the “East Haddam Senior Citizen of the Year”.

Please be our guest for dessert and coffee on **Wednesday, April 22, 1:00 pm**.

Spring Fling in May

Spring is here.....really, it is! Join us for the *Spring Fling*, which is the thing to do in the spring to forget about this brutally cold and snowy winter! We will be entertained by Tom Stankus, AKA T-Bone, and his musician friend, Brian Gilley, who are known as the “Elderly Brothers”. No, not the “Everly Brothers”, but close! Tom and Brian perform music from the 50s and 60s. Food: hotdogs, beans, coleslaw, dessert, and coffee. **Tuesday evening, May 5, 6:00 pm. \$10.00 per person**. Please sign up & pay in advance. All invited.



Shopping Schedule

Fee: \$3.00 If desired, the bus will stop at the East Haddam Food Bank.

Tuesday, April 14:
Old Saybrook: Walmart,
Stop & Shop, O.S. Job Lot

Tuesday, April 28:
Willimantic: Price Rite,
OS Job Lot, Royal Buffet

Donations for March

- Anonymous: coffee • office supplies
- Sophie Blaschik: cleaning supplies
- Sharon Fritz: candy
- Bud/Marge Gaudio: copy paper



- Nancy Geysen: cleaning supplies
- Bernie/Maureen Gillis: office supplies
- Georgia Hutchinson: cash donation
- Bernard McAlinden: medical supplies
- Trudy/Peter Novak: office supplies, coffee
- Pat/Jim O'Brien: coffee
- Carol/Richard Parker: cleaning supplies

- Alice Sabo: candy
- Rain Spiegall: cash donation
- Rina Stevens: cleaning supplies
- Jansky Rubbish: since 1973!**

Senior Services Coordinator: Brad Parker

- Assistant: Susannah Griffin
- Café Manager: Peg Ziobron
- Program/ Trip Coordinator : Alice Sabo
- Bus Drivers: Ed Gubbins & Darlene Dunbar

- Med Car Driver: Mickey Pear
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Center Hours
8 am - 3 pm weekdays



The dinner bell is-a-ringing! Join us for our April Pot Luck Dinner: **Monday, April 20, 6:00 pm.** 50 and over invited. Please call to sign-up and to let us know what you will bring.

Discover I-Park of East Haddam

Next door to Devil's Hopyard State Park, there is a fantastically beautiful, 450-acre nature preserve called I-Park. I-Park is a renowned international arts and cultural epicenter where painters, sculptors, composers, writers, poets, filmmakers, landscape garden designers, and architects from all over the world gather to inspire and be inspired by each other and the land through its *artists-in-residence program*. What is an artists-in-residence program? It is a place where like-minded, like-spirited individuals from all creative disciplines come together to live and create art for a month at a time. At the end of each artists-in-residence session, I-Park invites the public to OPEN studio events to meet the artists in their studios, tour the facilities, and walk the beautiful trails. Join us for a presentation by one of the founders to hear about the inspiration and 'story' of how I-Park came to be and to learn about visiting and exploring I-Park to discover this hidden gem in East Haddam's backyard! **Monday, April 13, 1:30 pm at the Center. Open to all. Please sign up because refreshments will be served.**

The knitters...

Are at it again, turning out those hand-made items, for our annual, November craft fair. They need any kind, any color. If you have it and don't need it, please bring it to the Senior Center. Thank you!



Driver Safety

Time to put the snow tires and chains away for the season and re-learn how to drive in the good weather! AARP Driver Safety class at the Senior Center: **Wednesday, April 29, from 12:30 to 4:30 pm.** You must remain for the entire 4 hours to receive credit for this class. Drivers 60 and older completing the course may qualify for a discount on their auto insurance.

Please sign up at the Senior Center. The cost for the class is \$15.00 for AARP members and \$20.00 for non-members.

Memorial Garden

To honor Lee May, a resident of East Haddam, help build a *Memorial Garden* on the grounds of the Senior Center. Lee was an award winning journalist who gained acclaim as a correspondent, editor, and columnist for the *LA Times* and the *Atlanta Journal-Constitution*. In addition to the "serious issues" of his journalism career, Lee, who was a "Master Gardener" and wrote several books, was a featured writer for many syndicated home and garden publications, nationally renowned for his creative talents in the world of gardening. In an article he wrote for *Gardening Life*, Lee wrote: "All life's lessons grow in the garden: Birth, nurturing, love, heartbreak, success, joy and so many more." Lee was a heck of a nice guy who was an inspiration to everyone who knew him.

This garden will be sponsored by Harry Link & Family. If you wish to make a donation, you may do so at the Senior Center



Decaf coffee • Copy paper.
A **BIG THANK YOU** for all the donations.

Drawing



The winner for *February* was Janice Sina. \$10.00 Gift Certificate to *The Luncheonette of Moodus*, a local favorite for coffee, breakfast, and lunch.

Upcoming Events

- Tax Preparation: Wed, Apr 1
- Casino Trip: Wed, Apr 1
- Blood Pressure Ck: Tues, Apr 7
- Executive Mtg: Thurs, Apr 9
- Club Mtg: Mon, Apr 13
- I-Park Discussion: Mon, Apr 13
- Shop./Food Bank: Tues, Apr 14
- Red Hats Trip: Wed, Apr 15
- BINGO: Thurs, Apr 16
- Pot Luck Dinner: Mon, Apr 20
- Volunteer Recept.: Wed, Apr 22
- 9/11 Mem. Trip: Thurs, Apr 23
- Birthday & Movie: Mon, Apr 27
- Shop./Food Bank: Tues, Apr 28
- Massage w/ Cora: Wed, Apr 29
- Driver Safety class: Wed, Apr 29
- Taste of E Haddam: Sat, May 2
- Spring Fling: Tues, May 5



Historical Society Talk

The Landscape & Geological History of East Haddam & area with references to the Moodus Noises & the recent seismic activity in Plainfield. Ralph Lewis, State Geologist of Connecticut, Emeritus. **Friday, April 17, 7:30 pm**, at the Grange, 488 Town St.



Are You OK?

The EH Commission on Aging (COA), in collaboration with Craig Mansfield of E Haddam Emergency Management, is in the process of developing an out-reach program to check on those Seniors who are living alone & for those with health issues. Each day, a telephone call will be placed to the home to check that the occupant(s) are "OK". If there is no answer, the designated contact person will be notified. If the contact person does not answer, the Senior Center will be called; volunteers will make appropriate calls. The Fire and Police Dept. will be the "call" of last resort. The Commission feels this program will give Seniors & their families a feeling of security. Once the out-reach program has been finalized, a public meeting to explain the details of the program will be held at the Senior Center. If you are interested in learning more about this program, please call the Senior Center: 860-873-5034. Registration forms are available at the Center.

Senior Center
15 Great Hillwood Rd
P.O. Box 623
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Good Friday
April 3, 2015



Enjoying themselves at the St Pat's celebration are from left to right; Sophie Blaschik, Asley Cruz and the dancing guy, Brad Parker. →

Enjoying themselves at the St Pat's celebration are from left to right; Nancy Geysen, Sharon Fritz, Alice Sabo,



St. Pat's Celebration

What a celebration.... The green beer was flowing and the audience was dancing on the tables and hanging from the chandeliers!! Just kidding. But, it was a fun time. The Cabaret singer, Ashley Cruz, was most entertaining and so was the audience. A very interactive performance, Ashley had the group singing and dancing. She even shared the microphone! Ashley passed out maracas, boas, deely boppers, funky glasses, and hats. The crowd of 80 people really rocked the house!